

Maitreya School of Healing

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NEWSLETTER

December 2013

**THERE IS A CRACK IN EVERYTHING, THAT'S HOW THE LIGHT
GETS IN.**

Leonard Cohen

WE CANNOT DO ANYTHING WITHOUT LOVE

Lily Cornford, from her lecture on website.



Thanks to Isabel for taking some photos of our healing day in August. They will be honoured in our history album with many other photos from the past.

We welcome Mica Bobsin into our healers circle. She learnt colour therapy with Lily in the 1990's and earns her living as a physiotherapist in Hove.

Another Mental Colour Therapist will join us in the Spring of 2014, Our apprentice Gretta is preparing for her graduation! We all wish her luck and we know she can do it. When she

graduates she – and all of us will make this pledge and promise. Maybe you would like to join us?

THE HEALING PLEDGE

I DO HEREBY SOLEMNLY
PLEADGE MYSELF, OF MY OWN
FREE WILL AND ACCORD TO THE
SERVICE OF HUMANITY,
IRRESPECTIVE OF RACE, CREED,
POLITICS OR POSITION. IN
FURTHERANCE OF THIS SERVICE
I PROMISE TO MAINTAIN TO THE
UTMOST OF MY ABILITY, THE
HIGHEST STANDARD OF
HEALING IN ALL ITS ASPECTS. I
ALSO UNDERTAKE THE CARE OF
MY PATIENTS AND THE
CONFIDENTIALITY OF THEIR
SECRETS AS A SACRED TRUST
AND WILL NEVER KNOWINGLY
BREAK THIS TRUST. I WILL
ENDEAVOUR TO WORK IN
ACCORD WITH MY COLLEAGUES
AND SO ORDER MY LIFE THAT
MY PLEDGE WILL BE FULLY
HONOURED.

There are still a few Meditation CD's and self healing booklets available. If you would like one:

PLEASE write to:
ISABEL MAXWELL CADE,

**58 Church Street
Bathford, BA1 7RS**

We enjoyed another great year of providing mental colour therapy. We had several new patients, as before and the quality of our work is gathering depth and becoming ever more enjoyable

One of our patients passed on and it was a great privilege to be of service to her during her dying time.

At our **AGM** this year we learnt about the secret life of the cell and how the communication system within the body works miraculously well.

We also discussed the problem of insuring people whose healing skills are not known to us. We decided that everybody insured through MSH will have to show us once a year how they do the healing work.

We also discussed if we should distribute this newsletter electronically? Stamps are expensive but it is satisfying to hold something and refer back to it. Still, people could print a copy themselves. Please let us have your views. Last years' newsletter cost us about £300 to produce. This year, with postage being more expensive, costs will go up.

DO YOU WISH TO RECEIVE A NEWSLETTER IN A PRINTED FORM? Shall we send it through email.?

Please let us know at

birgit.voss48@gmail.com

obviously, if you want the newsletter to be sent by email, we will need your email address! **THANK YOU**

The decision will be made at our next AGM on Sept. 2014. You are all welcome to attend this event.

For all those who have reached the menopause and wish to navigate

through it with natural ingredients here is a HRT RECIPE, tried and tested. Combined with drinking sage tea there will be no more hot flushes ...

4 oz/ 100 gr. soya flour **HRT CAKE**
" rice flour
" porridge oats
8 oz raisons
" golden linseed
2 oz/50 gr. sunflower seeds
" pumpkin seeds
" sesame seeds
" flaked almonds

1/2tsp ginger, cinnamon, nutmeg
1 level teaspoon salt
2 pieces of chopped ginger

2 tablespoons of molasses
approx. 3/4 lts soy milk

hemp seeds for topping
put dry ingredients into large bowl,
mix thoroughly
then add milk and molasses

mix well and leave to soak for 1/2 hour
add more milk if too stiff

put into a loaf tin (we use two)
sprinkle generously with hemp seed.

Bake in gas mark 5/190C for 3/4 hour
to 1 hour.
keep in the fridge and ideally
consume one slice per day.

BIG THANKS to all the healers. Also, heartfelt gratitude to our hosts who make the work possible at 33.

**BEST WISHES TO YOU ALL FOR
THE FESTIVE SEASON AND THE
NEW YEAR.**

